

Prova 36 Masc., 1500m Livres Absolutos  
30/06/2024 - 10:30 Resultados

Rec Reg AN Alentejo Open	17:24.85	Nelson Pereira MALHEIROS	CNLA	Oeiras	23/07/2014
Rec Reg AN Alentejo Sen	18:34.65	Joao Luis SERRA	ACMN	Coimbra	28/01/2017
Rec Reg AN Alentejo Jun18	17:55.81	Joao Pedro NEVES	AMINATA	Reguengos de Monsaraz	06/07/2014
Rec Reg AN Alentejo Jun17	18:02.39	João Pedro NEVES	AMINATA	Reguengos de Monsaraz	30/06/2013
Rec Reg AN Alentejo Juv A	17:27.03	Miguel Martins BALTAZAR	AMINATA	Oeiras	23/07/2014
Rec Reg AN Alentejo Juv B	17:24.85	Nelson Pereira MALHEIROS	CNLA	Oeiras	23/07/2014

TAC Sêniores Masc Sen 50m: 21:07.26 - 25m: 21:07.26 / TAC Juniores Masc Jun 50m: 21:07.26 - 25m: 21:07.26 /  
TAC Juvenis A Masc Juv A 50m: 21:07.26 - 25m: 21:07.26 / TAC Juvenis B Masc Juv B 50m: 21:36.81 - 25m: 21:36.81

Pontos: FINA 2023

Lugar Nome Idade Classe Clube Tempo Final TReac FINA Pontos

Juvenis AN Alentejo

1. Guilherme Oliveira MARQUES 16 Grupo Desportivo Mora **20:54.83** 334  
*Campeão Regional*

100m:	1:13.43	1:13.43	500m:	6:53.07	1:25.04	900m:	12:33.15	1:24.63	1300m:	18:09.87	1:24.14
200m:	2:36.34	1:22.91	600m:	8:18.95	1:25.88	1000m:	13:58.36	1:25.21	1400m:	19:33.19	1:23.32
300m:	4:01.38	1:25.04	700m:	9:44.46	1:25.51	1100m:	15:22.57	1:24.21	1500m:	20:54.83	1:21.64
400m:	5:28.03	1:26.65	800m:	11:08.52	1:24.06	1200m:	16:45.73	1:23.16			

2. Dinis Alexandre CAEIRO 15 Grupo Desportivo Mora **22:10.89** 280  
*Fil*

100m:	1:16.76	1:16.76	500m:	7:15.79	1:31.70	900m:	13:20.14	1:30.39	1300m:	19:19.59	1:30.61
200m:	2:44.42	1:27.66	600m:	8:46.16	1:30.37	1000m:	14:50.34	1:30.20	1400m:	20:46.39	1:26.80
300m:	4:13.89	1:29.47	700m:	10:18.15	1:31.99	1100m:	16:18.57	1:28.23	1500m:	22:10.89	1:24.50
400m:	5:44.09	1:30.20	800m:	11:49.75	1:31.60	1200m:	17:48.98	1:30.41			

Juvenis AN Interior Centro

1. Tomas Verissimo SILVA 15 Penta Clube Covilha **20:35.42** 350  
*Campeão Regional*

100m:	1:14.86	1:14.86	500m:	6:47.81	1:24.41	900m:	12:22.38	1:23.11	1300m:	17:54.38	1:23.93
200m:	2:44.42	1:21.66	600m:	8:11.33	1:23.52	1000m:	13:45.63	1:23.25	1400m:	19:15.88	1:21.50
300m:	3:59.55	1:23.03	700m:	9:35.43	1:24.10	1100m:	15:08.66	1:23.03	1500m:	20:35.42	1:19.54
400m:	5:23.40	1:23.85	800m:	10:59.27	1:23.84	1200m:	16:30.45	1:21.79			

Absolutos AN Alentejo

1. Mauro Santos INACIO 40 Litoral Alentejano **18:55.55** 451  
*Campeão Regional*

100m:	1:12.92	1:12.92	500m:	6:21.86	1:17.26	900m:	11:26.22	1:15.15	1300m:	16:28.00	1:15.04
200m:	2:29.89	1:16.97	600m:	7:38.80	1:16.94	1000m:	12:41.91	1:15.69	1400m:	17:42.65	1:14.65
300m:	3:47.60	1:17.71	700m:	8:55.19	1:16.39	1100m:	13:57.53	1:15.62	1500m:	18:55.55	1:12.90
400m:	5:04.60	1:17.00	800m:	10:11.07	1:15.88	1200m:	15:12.96	1:15.43			

2. Guilherme Cotovio ALVES 20 Acmn **19:24.78** 418

100m:	1:13.82	1:13.82	500m:	6:26.48	1:16.71	900m:	11:41.67	1:18.83	1300m:	16:55.46	1:17.43
200m:	2:32.70	1:18.88	600m:	7:46.40	1:19.92	1000m:	13:00.21	1:18.54	1400m:	18:10.76	1:15.30
300m:	3:52.13	1:19.43	700m:	9:04.95	1:18.55	1100m:	14:18.76	1:18.55	1500m:	19:24.78	1:14.02
400m:	5:09.77	1:17.64	800m:	10:22.84	1:17.89	1200m:	15:38.03	1:19.27			

3. Francisco Reis MAGUAS 18 Ndco **20:04.67** 377

100m:	1:14.68	1:14.68	500m:	6:39.82	1:21.27	900m:	12:03.58	1:21.22	1300m:	17:29.21	1:21.48
200m:	2:35.97	1:21.29	600m:	8:01.28	1:21.46	1000m:	13:25.21	1:21.63	1400m:	18:49.31	1:20.10
300m:	3:56.76	1:20.79	700m:	9:21.59	1:20.31	1100m:	14:46.40	1:21.19	1500m:	20:04.67	1:15.36
400m:	5:18.55	1:21.79	800m:	10:42.36	1:20.77	1200m:	16:07.73	1:21.33			

Absolutos AN Interior Centro

1. Antonio Maria FERREIRA 24 Penta Clube Covilha **19:30.05** 412  
*Campeão Regional*

100m:	1:14.29	1:14.29	500m:	6:27.32	1:17.49	900m:	11:41.68	1:18.82	1300m:	16:56.35	1:18.56
200m:	2:32.83	1:18.54	600m:	7:46.29	1:18.97	1000m:	13:00.11	1:18.43	1400m:	18:15.04	1:18.69
300m:	3:52.14	1:19.31	700m:	9:04.85	1:18.56	1100m:	14:18.71	1:18.60	1500m:	19:30.05	1:15.01
400m:	5:09.83	1:17.69	800m:	10:22.86	1:18.01	1200m:	15:37.79	1:19.08			

Prova 36, Masc., 1500m Livres, Absolutos AN Interior Centro

Lugar	Nome	Idade	Classe	Clube	Tempo Final	TReac	FINA	Pontos	
2.	Francisco Martins RIBEIRO	18		CCDSerta	<b>20:22.69</b>		361		
	100m:	1:14.34	1:14.34	500m:	6:46.43	1:23.10	900m:	12:22.89	1:23.15
	200m:	2:35.40	1:21.06	600m:	8:11.94	1:25.51	1000m:	13:44.89	1:22.00
	300m:	3:58.11	1:22.71	700m:	9:37.69	1:25.75	1100m:	15:06.40	1:21.51
	400m:	5:23.33	1:25.22	800m:	10:59.74	1:22.05	1200m:	16:24.75	1:18.35
3.	Carlos Manuel MARQUES	24		AN Alcabastrense	<b>22:01.78</b>		286		
	<i>Ft</i>								
	100m:	1:20.51	1:20.51	500m:	7:12.92	1:28.27	900m:	13:08.44	1:28.63
	200m:	2:48.58	1:28.07	600m:	8:42.44	1:29.52	1000m:	14:36.71	1:28.27
	300m:	4:16.37	1:27.79	700m:	10:11.08	1:28.64	1100m:	16:06.78	1:30.07
	400m:	5:44.65	1:28.28	800m:	11:39.81	1:28.73	1200m:	17:34.74	1:27.96